



My Health Matters!

2015-16 Wellness Education Series

To register for a class, visit the Steps to Success Events Calendar found [here](#).

Date	Time	Location	Topic
9/15/15	12pm-1pm	Children and Family Services - Conf. Room 1—15020 Palmdale Rd. Victorville CA 92392	Healthy Eating For Busy People
10/1/15	12pm-1pm	Yucaipa TAD—32353 Yucaipa Blvd. Yucaipa, CA 92399	Back Health / Stretching
11/10/15	5:30pm-7:30pm	HR Test Center—175 W. 5th Street, First Floor San Bernardino, CA 92415	Maternity
11/17/15	12pm-1pm	Online Webinar*	General Diabetes
12/8/15	12pm-1pm	Rancho Cucamonga TAD - Mountain Room—10825 Arrow Route Rancho Cucamonga, CA 91730	Stress Reduction
12/16/15	12pm-1pm	SB TAD 01 - Grand Canyon Room - 2nd Floor—265 East 4th St. San Bernardino, CA 92415	Nutrition / Healthy Alternatives
1/20/16	12pm-1pm	Online Webinar*	Weight Management
1/26/16	12pm-1pm	Sheriff's Headquarter—2nd Floor Conf. Room—655 E. 3rd St. San Bernardino, CA 92410	Healthy Sleep
2/3/16	12pm-1pm	Department of Public Works Hearing Room—825 East Third Street, San Bernardino, CA 92415	Pre-Diabetes
2/16/16	12pm-1pm	Hall of Records—4th Floor Conf. Room —222 West Hospitality Lane, San Bernardino, CA 92415	Healthy Heart
3/15/16	12pm-1pm	Children and Family Services - Conf. Room 1—15020 Palmdale Rd. Victorville CA 92392	Work/Life Balance
3/29/16	12pm-1pm	Yucca Valley TAD— Job Club Room—56357 Pima Trail Yucca Valley, CA 92284	Healthy Eating
3/30/16	5:30pm-7:30pm	HR Test Center—175 W. 5th Street, First Floor San Bernardino, CA 92415	Maternity
4/14/15	12pm-1pm	Online Webinar*	Digestive Health
4/20/16	12pm-1pm	ARMC—Redwood Conf. Room—400 N. Pepper Ave. Colton, CA 92324	Physical Activity / Exercise

*Webinar links and registration information will be released as the dates approach.

Please Note: Wellness Classes are to be attended on the employees own time.